

# M.O.M - Mind Over Matter;

## Healthy Bowels, Healthy Bladder Workshop



**Did you know that over half of women age 50 and older experience bladder or bowel control issues at some point in their lives?**

**Who:** Women only, age 50+ and FREE OF CHARGE! Class size is limited to 10 women to create a supportive and welcoming environment.

**What:** Women with similar challenges gather virtually for **3 sessions (2 hours each session)** to learn evidence-based techniques and important information **proven** to help **prevent, take control of and even ELIMINATE** bladder and bowel leakage symptoms! 71% Of women who participated in M.O.M., experienced improvement in bladder leakage symptoms, and 55% experienced improvement with bowel leakage.

**Where:** An **online workshop** taken from the privacy and comfort of home.

**When:** Tuesday, May 2<sup>nd</sup> 3:00 PM (Set-up Session)  
Wednesday, May 3<sup>rd</sup> 3:00 – 5:00 pm  
Wednesday, May 17<sup>th</sup> 3:00 – 5:00 pm  
Wednesday, May 31<sup>st</sup> – 3:00 – 5:00 pm

**Advance Registration Required**

Area Agency on Aging of North Idaho  
**(208) 667 - 3179**

### *Testimonials:*

*"I used to wake up two times a night [to use the bathroom]. Last night I got through the whole night without getting up!"*

*"For the first time in a very long time, I was able to get through the entire day without a single accident or changing my clothes!"*